

DINNERLY



Super Greens Bowl with Honey Roasted Carrots:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Honey roasted carrots and onions are great on their own, but this bowl takes it to the next level. Plant-based protein from savory quinoa keeps you satisfied, while a bed of spinach provides a dose of vitamin K. Top it off with feta cheese and crunchy pumpkin seeds and get ready to feel good. We've got you covered!

WHAT WE SEND

- ½ lb rainbow carrots
- 1 medium yellow onion
- ½ oz honey
- 3 oz tri-color quinoa
- 3 oz baby spinach
- 1 oz pumpkin seeds
- 1.4 oz feta cheese ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar

TOOLS

- rimmed baking sheet
- small saucepan

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 39g, Carbs 58g, Protein 18g



1. Prep carrots & onions

Preheat oven to 450°F with a rack in the upper third.

Scrub **carrots**, then cut on an angle into ½-inch thick pieces. Halve **onion** crosswise, then cut into ¼-inch thick wedges through the root end.



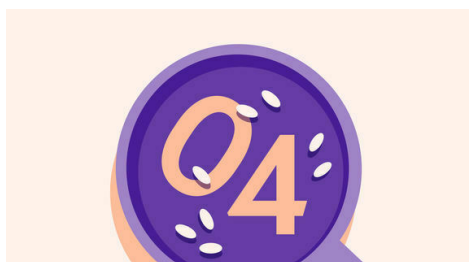
2. Roast carrots & onions

On a rimmed baking sheet, toss to combine **carrots, onions, honey**, and **1½ tablespoons oil**; season with **salt and pepper**. Spread into an even layer. Roast on upper oven rack until tender, tossing halfway through cooking time, 20–25 minutes.



3. Cook quinoa

While **veggies** roast, in a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



4. Make dressing & serve

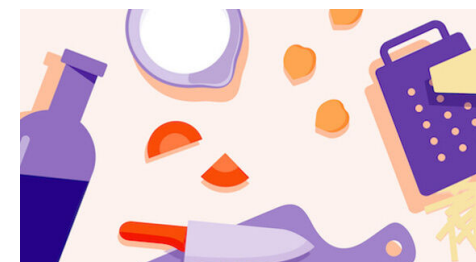
In a large bowl, whisk to combine **2 tablespoons oil**, **1½ tablespoons vinegar**, and **¼ teaspoon sugar**; season to taste with **salt and pepper**. Add **spinach, quinoa**, and **pumpkin seeds**. Toss to coat and season to taste with **salt and pepper**.

Serve **super greens bowl** topped with **roasted carrots and onions**. Crumble **feta** over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!